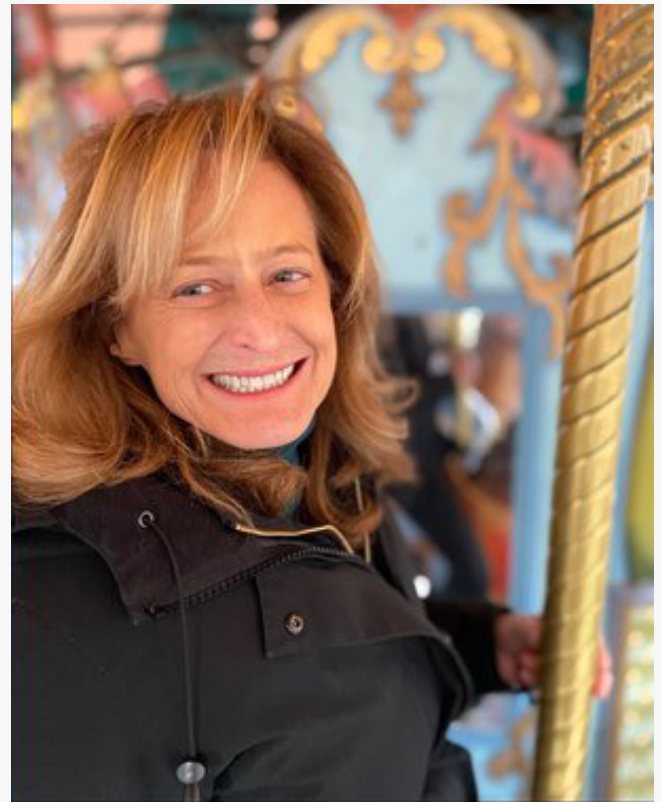


Kate Blecher Provides Guide to Wellness through Hypnosis/ Meditation

Readers are invited on a "Journey into Health: Heal Yourself with Meditation and the Aid of Your Spirit Guides"

NEW YORK CITY, UNITED STATES, October 16, 2020 /EINPresswire.com/ -- With "[Journey into Health](#): Heal Yourself with Meditation and the Aid of Your Spirit Guides," author Kate Blecher entreats readers to embark on a voyage of self-discovery and cultivating wellness. In its pages she elaborates on various hypnotic and meditative techniques, as well as holistic healing methods, to help the body and mind attain an improved state of being.

According to Blecher these methods come from her spirit guides who were asked how to heal particular medical or psychological issues. She encourages readers to employ the healing exercises detailed in the book's pages. Moreover, Blecher also introduces readers to ways wherein they can meet their own spirit guides - wise, loving and powerful individuals who can help them find the way to living better.



Kate Blecher

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"If you suffer from occasional anxiety or have a difficult illness such as cancer, you will find techniques to help heal yourself." Blecher says. "I was bedridden for over 10 years dealing with 40+ medical conditions. I learned how to heal myself with the help of my spirit guides. When I was healed, I felt obligated to write a book and share all my healing techniques."

Reader reviews for "Journey into Health: Heal Yourself with Meditation and the Aid of Your Spirit Guides" are largely positive.

"The author of this book is trained as a hypnotherapist and encourages you to bring back health by utilizing universal energy and contacting your spiritual guides and protectors," says US-based verified purchaser Scarlett Jensen.

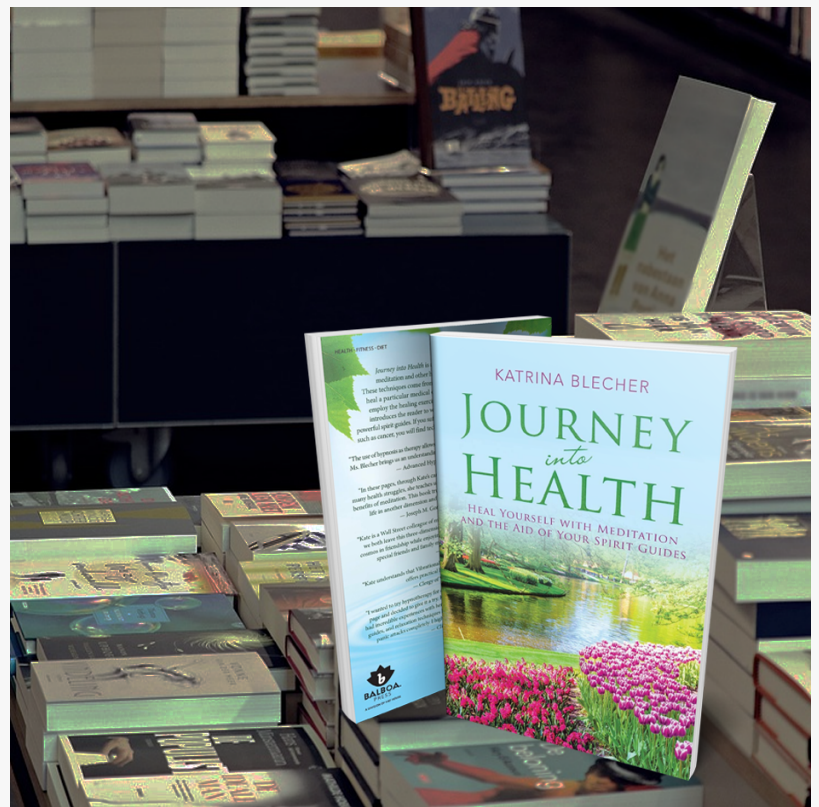
"Her writing is clear and concise and her manner of motivational advice is sound. Early on she dispels the misconception that hypnosis, and self-hypnosis, can make us do things we do not want to do, and it is that degree of caring that she shares her own experiences and offers advice on how to enter the art, the gift, of self-healing. A fine adjunct to the journey into health," reviews Grady Harp, a verified purchaser also from the US.

Readers interested in alternative health techniques and holistic treatments would have much to glean from Blecher's opus. With "Journey into Health: Heal Yourself with Meditation and the Aid of Your Spirit Guides," readers can begin their path to wellness.

About the Author

Kate Blecher is a security analyst turned certified hypnotherapist who has spent her life seeking to help others. She derives pleasure in educating her clients and friends on how to improve their fiscal health through proper financial planning. In addition, she thrives on helping people find joy and inner peace through meditation. After incorporating,

Blecher leveraged her knowledge about happiness, prosperity and health through her television and YouTube shows, publications, social media, and books.



Journey into Health



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